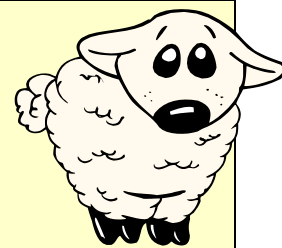












The Grapevine ~ March 2011

In like a lion or like a lamb ... which will it be?



Published each month by and for City of Martinsville Employees

Sun	Mon	Tue	Wed	Thu	Fri	Sat
IMPORTANT NOTICE FROM CITY FIRE DEPARTMENT: A statewide burn ban is in effect February 15 thru April 30. No burning until after 4:00PM. The only time you can burn in the City of Martinsville is between 4:00PM and 8:00PM. FIRE MUST BE COMPLETELY OUT BY 8:00PM. A violation of this law is punishable by up to a \$500 fine.		1 <i>Peanut Butter Lovers Day</i> City Parks & Rec Disc Golf League March 1 – May 31; play twice a week at City Park; turn in scorecard by Friday of each week.	2 <i>Employees' Breakfast with City Manager 7:30am</i> 4-8pm Chamber of Commerce "Fast Track" Commonwealth Clock Tower	3 <i>PAA Bob Ross Technique Workshop 10:00am-3:30pm</i> 6:30 <i>Spencer-Penn Photography Club</i>  7:30pm <i>Piedmont Arts on Stage presents "Step Afrika!"</i> MHS Auditorium	4 5:30pm <i>First Friday Art Walk/Studio 107</i> First Friday @ the Rives 7PM BEAUCOUP BLUE! Bassett Bengal Varsity Boys Soccer Bash Smith River Sports Complex	5 <i>SPCA WALKING CLUB EVERY SAT 10AM</i> <i>The Luck of the Artist VMNH 10am</i> <i>PSYL Martinsville Madness Youth Soccer Tournament @ Smith River Sports Complex</i>
6  Dentist's Day <i>Show off those pearly whites!</i>	7 PHCC Spring Break 3/7-11  9AM Senior Breakfast Club at Clarence's <i>Line Dancing Class @ MHC YMCA 6:30-7:30PM</i>	8 <i>Mardi Gras</i> Join or Renew SAM'S CLUB 9AM-2PM in HR Spencer-Penn Centre <i>"Gardening 101"</i> each Tuesday 3/8- 29 6-7:30 PM; \$5 ea class or 4/\$15 Pre-register at 957-5757 7:30pm City Council Mtg.	9 <i>Ash Wednesday</i> 10:15am Nutrition program at Senior Center	10 9AM "Cooking with Herbs" with Kris Landrum Spencer-Penn Ctr \$15 per person	11 5:30pm <i>PAA Members Reception & Artist Talk; paintings by Ann Glover</i> 6pm Fri -9am Sat Junior Girl Scouts "Science Discovery" Sleepover @VMNH 6:30pm <i>Music Night</i> <i>Spencer-Penn</i>	12 10am <i>Piedmont Kite Festival @ Jack Dalton Pk</i> Girl Scout Day  <i>DEADLINE TO REGISTER WITH PARKS & RECREATION FOR YOUTH BASEBALL AND SOFTBALL. CALL 403-5140</i> 1-3pm <i>Wilderness Survival Class</i> <i>At Smith River Adventure Outfitters</i>
13 DRYLIGHT SAVINGS TIME BEGINS  <i>PSYL Martinsville Madness Youth Soccer Tournament</i> <i>Smith River Sports Complex</i> 	14 National Potato Chip Day  <i>Line Dancing Class @ YMCA 6:30-7:30PM</i>	15 Join or Renew SAM'S CLUB 9-11am in H R 11:30a-1p GARAGE <i>"Gardening 101"</i> Senior Dance 7pm @ Armory <i>"Almost Country"</i> 	16 10am VMNH "Environmental Science" 10-11am Drop-in Health Screening Senior Center Anthem Rep onsite Michelle Hartman 9:30am City Hall, 11am Warehouse Call HR #5181 for appointment	17 <i>St Patrick's Day</i>  Nutrition Bingo 12:30-2:30pm Senior Center Senior Supper Club 5:30pm Sirloin House	18 JAMMY JAMS: PAJAMART SAFARI 6-9pm VMNH Ages 3-5 w/adult \$20 fee <i>Deadline to register w/ Parks & Rec for Baseball Skills Training Camp on April 2 - Ages 7-14 AND for Spring Youth Baseball Tournament; begins March 26-27 Call 403-5140</i>	19 10am VMNH "Defying Gravity" - Ages 9-12 Harlem Ambassadors 7pm Bassett High  Bluegrass at the Rives Shelton Brothers 5:30pm
20 International Earth Day  <i>First Day of Spring</i>	21 <i>Line Dancing Class @ MHC YMCA 6:30-7:30PM</i>	22 <i>Senior Dance 7pm @ Armory "Cotton & Country Classic"</i> <i>"Gardening 101"</i> 7:30pm City Council Mtg.	23	24 8am-12noon Third Annual Senior Symposium/Armory Call 403-5260 to pre-register for free lunch	25 Henry Co Student Holiday / Teacher Prof Dev Day	26 9am <i>Spring Youth Baseball Tournament</i> Southside Park (7-12yr)  Registration 6-7:30am Kids Run 7:30am Marathon/5K 8:00am
27  2pm Spring Youth Baseball Southside Park (7-12yr olds)	28 <i>Line Dancing Class @ MHC YMCA 6:30-7:30PM</i>	29  03/11 on your windshield? Better get to an inspection station soon! Spencer-Penn Centre <i>"Gardening 101"</i>	30 <i>National Doctor's Day</i> 10am Doodlebugs! "The Tiny Seed" VMNH Ages 3-5	31	March Service Milestones Andy Boitnott, Police 20 Years Coretha Gravely, Police 20 Years March is: National Nutrition Month, Women's History Month, Eye Donor Month, & National Optimism Month.	



Sam's Club Annual Membership Renewal & New Member Sign-Up

March 8 from 9AM - 2PM in Human Resources

March 15 from 9AM - 11AM in Human Resources

March 15 from 11:30AM - 1PM at the City Garage

Annual membership rate is \$40 but those joining/renewing on these dates will also receive a \$10 Sam's Gift Card

From Molly Shelton, Electric Dept: "Mr. Raymond Dietz, Lanier Rd. called today to thank the guys who restored power yesterday (January 26th) and this morning. He appreciates the fast service when he has a power outage." From our Facebook friend, Treva Smith Clardy: "Thanks to the guys with the electric department who got our power back on this morning (January 27th) and yesterday morning. You all are a great bunch. Was very nice to call in the outage and talk to an actual person and not get a recording." Kim Adkins sent this e-mail to Dennis Bowles on February 3rd: "...when the power came back on this past Sunday, a young gentleman from your department came to my door and asked if my power was back on. He said he was doing spot checks to see if any residents were still w/out power. I thought this gesture was exceptional customer service." (Later found out it was Jimmy Rigney, Electric Dept., who had checked with Mrs. Adkins.)

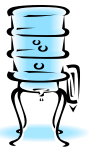


Celebrating March Birthdays

1	CHARLES	LONG	POLICE ACADEMY
2	VICTOR	CANNADAY	CENTRAL GARAGE
2	RAYMOND	DURAND	SENIOR CENTER
2	KENNETH	TURNER	WASTEWATER PLANT
4	LAWRENCE	CLARK	SHERIFF - JAIL
4	MICHAEL	LAW	SHERIFF - JAIL
5	MOLLY	SHELTON	ELECTRIC
8	ROBERT	HAYNES	POLICE DEPT
13	STEVEN	HAIRSTON	SHERIFF - JAIL
14	RANDY	MARTIN	PARK MAINTENANCE
15	DANIEL	BRANNOCK	SHERIFF - JAIL
16	SHANE	CLIFTON	POLICE DEPT
16	DARLA	CRIGGER	SHERIFF - JAIL
20	JOYCE	LAINE	COMMWLTH ATTY
23	WILLIAM	AKERS	FIRE DEPARTMENT
23	RENAY	HAIRSTON	COMMWLTH ATTY
24	JEFFREY	JOYCE	STREET MAINTENANCE
24	RICHARD	REEVES	UTILITY BILLING
25	MICHAEL	THORNTON	REFUSE - COLLECTION
26	STEPHEN	DRAPER	SHERIFF - COURTS
26	MARCUS	GRAVELY	POLICE DEPT
26	COY	PRESTON	SHERIFF - COURTS
28	KIMBERLY	ADKINS	CITY MAYOR
28	TIMOTHY	TILLEY	WATER MAINTENANCE
29	RANDY	GREGORY	STREET CLEANING

MONEY SAVING TIP: Opt for store/generic brands when it makes no difference...flour, salt, spices, milk, eggs, meat, pain relievers...all must adhere to the same federal standards regardless of brand.

DID YOU KNOW? Drinking water at the correct time of day maximizes its effectiveness on the human body...2 glasses of water after waking up helps activate internal organs; 1 glass of water 30 minutes before a meal helps digestion; 1 glass of water before taking a bath helps lower blood pressure; and 1 glass of water before going to bed helps avoid stroke or heart attack.



Over two-thirds of adults in the United States are either overweight or obese, according to data from the National Health and Nutrition Examination Survey. Overweight and obesity are risk factors for diabetes, heart disease, high blood pressure, and other health problems. Since there is no single cause of all overweight and obesity, there is no single way to prevent or treat overweight and obesity that will help everyone. Learn to read and compare food labels. It'll help you choose a diet lower in saturated fat, cholesterol, and sodium. Avoid all trans fat. Some good websites provided by the United States Dept. of Health and Human Services: <http://www.hhs.gov> and <http://www.healthfinder.gov>.

CONGRATULATIONS!



Mark Leslie Peters of Ridgeway and April LeeAnn Spencer of Martinsville were married December 18th at Charleston Harbor Resort & Marina in Mt. Pleasant, SC. The groom is employed by the Martinsville Police Department. The bride is the pink-daughter of Keith Hudson of the City Fire Department.

Kimble Reynolds (City Council) and his wife, Tammy, are the new parents of twins, a boy and a girl, born February 7, 2011.

LeAnne Legus, daughter of Robin Legus, Purchasing, graduated from Patrick Henry Community College, Cum Laude with an Associates of Arts & Sciences Degree, with a Major in Science. LeAnne has been accepted to Old Dominion University.

-NEW EMPLOYEES & PROMOTIONS-

We welcome Scott West to the Sheriff's Office; Stephen Adkins and Calvin Cabiness to Public Works.

Jim Lovell promoted to Police Investigator; Jay Stout promoted to Police Lieutenant; Jimmy Rigney classified as 1st Class Line Tech in Electric Dept.; Ronnie Gammons to Utility Maintenance Worker II in Public Works.

Goodbye and Best Wishes to Richard Pulliam, Police Dept.

Chance to Win a \$25  Gift Card each Month!
Every month this year, one employee will win a \$25 Kroger gift card. The name will be drawn from a pool of all full-time City employees and Constitutionals. The winner for January is Doug Graham, Police Dept. and February's winner is G. W. Robertson, Public Works.

Our Heartfelt Sympathy to:

Hassell DeShazo (retired City Inspector), who lost his mother, Opal Christine DeShazo, age 83, on January 29th.

Deun Comer, Sheriff's Office, whose grandmother, Josephine Glazar Comer, age 84, passed away on February 8th.

Linda Kanode, Police Department, whose mother, Virginia Blankenship, age 78, passed away on February 9th.

Coretha Gravely, Police Dept. Her mother-in-law, Fannie Ann Gravely, age 81, passed away on February 20th.

D. J. Cole, Public Works, whose grandfather in Tennessee, F. B. Cole, passed away on February 23rd.